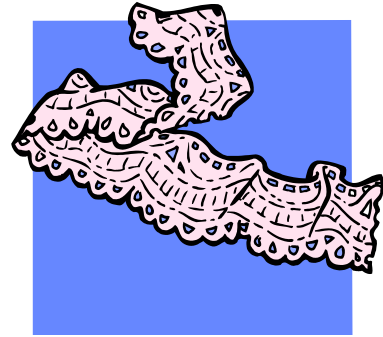
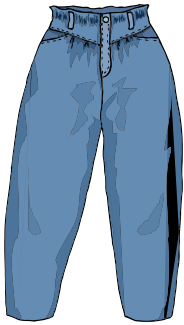


FROM THE DESK OF KAY GRAY  
TOPS NEWSLETTER MAY/JUNE 2011

I would like to thank everyone who attended SRD this year. I have heard good reports from many of you. I also know that there were some things that needed addressed and the field staff is working hard to take care of those issues. Congratulations go out to all the division winners, and royalty, along with all the recent KOPS graduates.

I know that all the new leaders have now taken over and I wish you all a wonderful year. I know that many of you have not scheduled me to come out and visit and do my program. Please take the time today to contact me and schedule for sometime this year. If anyone is interested in hosting a funday or officers workshop please let me know.



The theme for SRD 2012 is Invest in TOPS: Denim, Diamonds and Lace. It will be held April 13 & 14, 2012 in Addison, Texas. The hotel will be the Dallas Intercontinental Hotel in Addison. There are several contests in place already, including decorating jeans (size 12 month only or a pattern will be available online later.), boot decorating and name tags. More information will be available later regarding dimensions of the projects. The SRD committee is looking for chapters to help out with SRD. If your chapter is interested in helping out with the promo room, packet pick up, hospitality room or any other area that may need volunteers, please contact Cindy Moore (214-797-1976) or Vernie Nordstrom (940-855-4308).

When you are in need of ordering charms for your chapters, you have to go through headquarters instead of Cindy Moore. This was a recent change in TOPS. Cindy is no longer going to have her post office box, all mail sent to Cindy needs to go to the following address:

Cindy Moore

13636 Janwood

Dallas, TX 75234

## RECIPE

### KALE CHIPS

Take Kale, slice into round slices

spray cookie sheet with cooking spray

Season lightly with salt

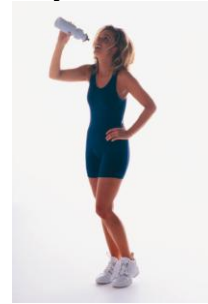
Cook for 5-8 minutes at 425\*

*hot! hot! hot!*



Summer is almost upon us and the temperatures are rising fast. Please take extra care while exercising or doing anything strenuous in the Texas heat. Keep plenty of water on

hand to avoid dehydration.



## SIGNS AND SYMPTOMS OF HEAT EXHAUSTION AND HEAT STROKE

Symptoms of heat stroke can sometimes mimic those of [heart attack](#) or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes.

1. Nausea
2. Vomiting
3. Fatigue
4. Weakness
5. Headaches
6. Muscle Cramps and aches
7. Dizziness

However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning.

Different people may have different symptoms and signs of heatstroke. **But common symptoms and signs of heat stroke include:**

- high body temperature,
- the absence of sweating, with hot red or flushed dry skin,
  - rapid pulse,
  - difficulty breathing,
  - strange behavior,
  - hallucinations,
  - confusion,
  - agitation,
  - disorientation,
  - [seizure](#), and/or
  - [coma](#).

TAKE CARE, I CARE KAY GRAY

817-774-9435 (home)

817-239-8307 (cell)